



5 More News



FALL 2011

Exercise Review: How many sets... How many reps? How much is enough?

By Tim Thompson, Founder/Senior Personal Trainer

These are very commonly asked questions to personal trainers. It is very important that you have your strength training goals and objectives established first. The next piece to the puzzle is to know what your fitness level is – low, moderate, or high. Finally, are you a beginner, intermediate, or experienced in the gym? Having an answer for these questions will paint a clearer picture to your results and bring you closer to the prescription you should follow.



Let's look at the facts, based on the American College of Sports Medicine, a world leader in the fitness industry:

Repetition: A full range repetition is a movement conducted once through the complete range of that joint, i.e. elbow joint – complete flexion and extension.

Sets: The total number of repetitions an individual performs before taking a rest.

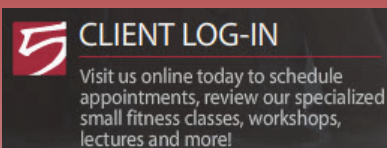
Industry guidelines: For healthy individuals under the age of 65, strength training should be performed a minimum of two days each week, with eight to twelve repetitions of 8 - 10 different exercises that target all major muscle groups.

From a personal trainer's point of view, it is essential that you perform each set of each exercise to fatigue, through a slow and controlled range of motion (4-8 sec/rep), and with good technique. This will ensure safe and effective results!

If you would like to discuss this topic further, please visit us on Facebook, Twitter and LinkedIn or make an appointment with one of our Personal Trainers.



Manage Your Personal Training Account Online



The online business management program can be accessed once you are a client of the 5 More Personal Training program. This is done by visiting our website and clicking on 'Client Log-in'. A username and password are required to access your account. For all new sign-ups a 24-hour security verification is required.

Once you are logged into your account you can create personal training appointments, make payments, check your account status, sign up for small group personal training classes (coming soon) and much more.

This system can be accessed anywhere at anytime! If you have any questions, please do not hesitate to talk to your personal trainer or contact us.

Motivate you... Push you... Encourage you... to do... 5 More

Website: www.5morept.com



Email: info@5morept.com

Awesome Burrito Recipe

by Courtney Bloch, BSc (Kin), BASc (Food & Nutrition)

3 lbs butternut squash
1 tbsp +1 tsp vegetable oil, divided
1 1/2 tsp chili powder
1 1/2 tsp salt
1 tbsp maple syrup
Juice of 1/2 a lime
1 1/2 cups corn, fresh or frozen
1 can pinto beans, drained and rinsed
1/2 bunch cilantro, stemmed and chopped
2 tsp chipotle puree
3 1/2 cups grated white cheddar cheese
6 whole wheat tortillas
1/2 cup mild salsa

1. Preheat oven to 375° F. Peel and seed the squash, chop into 1 in. cubes. Toss with a tbsp of oil, chili powder, half the salt, maple syrup and lime juice. Spread into a baking dish and roast (20 minutes) until tender.

2. Transfer squash into a large bowl, and in the same baking dish, spread corn and toss with 1 tsp of oil, rest of salt and roast for 10 minutes.

3. Combine squash and corn and set aside to cool. Toss in beans, cilantro and chipotle puree, season to taste.



4. To roll the burritos, lay a tortilla out in front of you and spread about a cup of the filling in the middle. Top with cheddar cheese and salsa, and roll to form a cylinder. Place seam-side down on a lightly oiled baking dish and repeat with remainder of the tortillas, filling, cheese and salsa.

5. Sprinkle remaining cheese on top of burritos. Cover pan with foil and bake for 25 minutes at 350° F until heated through.

Personal Training Clinic Series

The first series of these clinics, offered in Fall 2010, were very successful and will be available again, at both the Thornhill and Markham Fitness Centres.

These special, in the Fitness Centre, Personal Training Clinics are free of charge and are 45-minutes in length. Taught by an established 5 More Personal Trainer, the goal of the clinics are to enhance your working knowledge of various exercise formats and nutritional topics.

Please look for the flyer at the fitness desk.

Free Personal Training Clinic series...

Personal Trainer



Courtney Bloch
B.Sc. (Kin)

Healthy Nutrition Habits for the New Year

Tuesday December 7th
@ 8:00 pm - 8:45 pm

Learn:

- The food you should and should not eat to keep your weight in check
- How to combat trigger foods
- Not to avoid carbohydrates as to lose weight

Find out more by attending!

To sign-up, email info@5morept.com or call 416-274-4038



Questions?!!!!

If you have any questions about the 5 More Personal Training program, please contact Amy Balasbas, Administrative Coordinator, at **416-274-4038** or e-mail info@5morept.com.

Small Group Personal Training

5 More Personal Training will soon be establishing small group personal training classes taught by experienced 5 More Personal Trainers. Classes will be small, 3 to 5 individuals, which permits the ability to focus in and educate each individual efficiently. Classes will cover such topics as: pregnancy, child obesity, lower back, golf, posture, to-be brides, knee replacements, core, boot camps, pole walking and much, much more.



Exercise of the Month



COMING SOON... 5 More Personal Training will be posting an 'Exercise of the Month' on YouTube.

These 90-second YouTube videos will highlight one exercise and display and explain the correct way of conducting that exercise. Our team of trainers will be your hosts online.



Credit Cards now accepted

We are pleased to announce that Visa, MasterCard, and American Express will be accepted as method of payment for all one-on-one and small group personal trainings.



Auto-payment and reoccurring payments are part of the benefits for personal training clients that visit their trainer on a regular basis.

Please contact us for more information.